

LUNCH MENU


L-S High School 9-12

Milk \$.60 Student Lunch \$3.25 Adult Lunch \$5.00

 Pumpkins are low in calories and high in nutrients. They are considered a “superfood.”

November 2024

Lunch includes one entrée, your choice of 2 vegetables and/or 2 fruits, and a choice of milk.

Monday, 11/4	Tuesday, 11/5	Wednesday, 11/6	Thursday, 11/7	Friday, 11/8	Daily:
Chicken Patty Sandwich Potato Wedges Creamy Cole Slaw Apple Slices Asst Fruit/Milk <i>Alt: Spicy Chicken Sandwich</i>	Creamy Mac & Cheese Green Beans Pretzel Stick Mandarin Oranges Asst fruit/Milk <i>Alt: Hot BBQ Chicken Wrap</i>	Cheese Quesadilla/Salsa Baked Potato Black Bean Salad Fresh Grapes Asst Fruit/Milk <i>Alt: Meatball Sub</i>	Tangerine Chicken Broccoli Fried Rice Fortune Cookie Tropical Fruit Asst Fruit/Milk <i>Alt: Asian Dumpling</i>	No School	PBJ/Pizza Sandwiches/Wraps Salad w/ Protein Carrots/Celery A La Carte Items Drinks/snacks/Ice cream
Monday, 11/11	Tuesday, 11/12	Wednesday, 11/13	Thursday, 11/14	Friday, 11/15	Daily:
Popcorn Chicken w/ Roll Mashed Potatoes Corn Chick Peas Applesauce Cup Asst Fruit/Milk <i>Alt: Rib B-Q on Roll</i>	Walking Taco/Salsa Corn, Tomato Salad WG Churro Pineapple Tidbits Asst Fruit/Milk <i>Alt: Grilled Cuban Sandwich</i>	Sausage/French Toast Hash Brown Peach Cups Asst Fruit/Milk <i>Alt: Scrambled Eggs/French Toast</i>	Chic Wing Dings WG Pasta Salad California Blend Veggies Fresh Berries Asst Fruit/Milk <i>Alt: Black Bean Burger</i>	Domino's Pizza Romaine Tossed Salad Sun Chips Mixed Fruit Asst Fruit/Milk <i>Alt: Chicken Parm Sandwich</i>	PBJ/Pizza Sandwiches/Wraps Salad w/ Protein Carrots/Celery A La Carte Items Drinks/snacks/Ice cream
Monday, 11/18	Tuesday, 11/19	Wednesday, 11/20	Thursday, 11/21	Holiday Meal, 11/22	Daily:
Chicken Nuggets Glazed Carrots Buttery Noodles Apple Slices Asst Fruit/Milk <i>Alt: Sloppy Joe</i>	Grilled Cheese Tomato Soup WG Goldfish Mandarin Oranges Asst Fruit/Milk <i>Alt: Cheesesteak Sandwich</i>	Baked Ziti Garlic Knot Romaine Tossed Salad Fresh Grapes Asst Fruit/Milk <i>Alt: Shrimp Poppers</i>	Cheeseburger on Roll Curly Fries Baked Beans Tropical Fruit Asst Fruit/Milk <i>Alt: Grilled Rachel Sandwich</i>	Roast Turkey/Stuffing Mashed Potato/Gravy Sweet Potato Corn Cranberry Sauce Pumpkin Pie Asst Fruit/Milk <i>Alt: Monterey Chicken Sandwich</i>	PBJ/Pizza Sandwiches/Wraps Salad w/ Protein Carrots/Celery A La Carte Items Drinks/snacks/Ice cream
Monday, 11/25	Tuesday, 11/26	Wednesday, 11/27	Thursday, 11/28	Friday, 11/29	Daily:
Chicken Tenders w/ WG Pumpkin Cookie Cinn Dusted Sweet Fries Broccoli Applesauce Cup Asst Fruit/Milk <i>Alt: Cheesy Pull-Aparts</i>	Hot Dog on Roll w/o sauerkraut Smile Fries Pineapple Tidbits Asst Fruit/Milk <i>Alt: Grilled Roast Beef & Cheddar</i>	No School 	No School	No School	PBJ/Pizza Sandwiches/Wraps Salad w/ Protein Carrots/Celery A La Carte Items Drinks/snacks/Ice cream

High School Kitchen Manager: Amber Zimmerman amber_zimmerman@l-spioneers.org 717-464-3311 EXT 2013

This institution is an equal-opportunity employer and provider.

Menu subject to change without notice. 10/21/24 KAS